



ChangeKitchen's Yummy Vegan Chocolate Mousse

inspired by and improved upon by Birgit of a 'The Millennium Cookbook' recipe

Ingredients:

2 cups (16 ounces) vegan chocolate chips (or finely broken up chocolate bars)

24.6 ounces (= 2 boxes) extra firm silken tofu

$\frac{3}{4}$ cup Sucanat or other good quality dark sugar (preferably fair-trade 7 organic)

1 teaspoon vanilla extract

crystallised ginger and chilli flakes to taste

Method:

In a double boiler over barely simmering water, melt the chocolate.

Combine silken tofu, sugar, vanilla, salt, ginger and chilli in/with a (hand) blender. Process and then add the melted chocolate and blend for 2 mins or until very smooth and completely combined. Put in the fridge for at least 1-2h, preferably overnight to set.

Enjoy!

For more info on ChangeKitchen CIC

visit www.changekitchen.co.uk

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Recipe TM by BSustained – Dr Birgit Kehrer

www.bsustained.co.uk